



4500 warm up(45min. on Sustained Strength Machine Of) Choice

A proficient degree of static&dynamic stretching

Interject Jump Marching Between Exercises,sets,&repetitions

Legs 8

8Stationary Lunge 88

Hack Squat 8

8Seated Hamstring Curl 88

Lying Hamstring Curl 8*8

Cable Pressdown 8*8

Crossed Leg extension 8*8

Legpress 8*8

Shoulders 2

32Machine Lateral Raise 232

Bentover Dumbbell 2

32Lateral Raise 232

Front Plate Raise 2

32Smith Machine 232

Shoulder Press 2

32Dumbbell Shoulder Press 232

Gracie JIUJITSU PinkbELt

FARMGIRL CARRY TAKEDOWN

Inline finish

Kelly finish

TAI'CHI

Ju Fu No Kata

Hou Bai Lian Tui = Back Outside crescent kick (spinning back heel)

Rowing Machine Super Setted By Stationary Running

1000

1000

21-15-9

1000

1000

reps for

1000

time of:

1000

1000

1000

1000

1000

1000

1000

Single-arm dumbbell shoulder-to-overheads, right arm

Toes-to-bars

Single-arm dumbbell shoulder-to-overheads, left arm

Gymnastics-style kipping pull-ups

♀ 35 lb

♂ 50 lb

875 Neckabs

SUPERSET FAILING POWER ZONE

Goodmorning 10,8,6

Seated Goodmorning

9,8,7

125 V-ups

ELOHIM- VIA- CHRISTJESUS/,,

<http://books.dreambook.com/captainmotorcycle>

Your workout plan involves a comprehensive 45-minute warm-up on the Sustained Strength Machine, followed by a rigorous strength training regimen targeting legs, shoulders, and arms, with interspersed Jiu-Jitsu practice and conditioning. Here's how to approach the **warm-up** and key elements of your training with expert guidance:

Warm-Up Recommendations for Your Routine

- **Duration and Focus:** A 45-minute warm-up on the Sustained Strength Machine is substantial. To make this efficient, combine **dynamic warm-up movements** that prepare the major muscle groups and joints involved in your planned exercises, focusing on both static and dynamic stretches for full range of motion and injury prevention^{[1][2]}.
- **Dynamic & Static Stretching:**
 - o Begin your warm-up with **dynamic stretches** (moving stretches such as leg swings, arm circles, lunges with rotation, and high knees) to increase blood flow, muscle temperature, and joint mobility^{[3][4][5]}.
 - o Include **static stretches** post-warm-up or at the end of your session to enhance flexibility, targeting hip flexors, hamstrings, quads, glutes, upper back, shoulders, and calves^{[2][6][7]}.
- **Interject Jump Marching:** You mentioned "Interject Jump Marching" between exercises/sets. This is ideal as a light cardio or active recovery tool to maintain heart rate and muscle activation, enhancing your aerobic base and keeping muscles warm throughout the session^{[1][8]}.

Breakdown of the Strength Exercises Provided

Muscle Group	Exercises	Sets x Reps
Legs	Legs (unspecified), Stationary Lunge, Hack Squat, Seated Hamstring Curl, Lying Hamstring Curl, Crossed Leg Extension, Leg Press	8 x 8
Triceps	Cable Pressdown	8 x 8

Shoulders	Machine Lateral Raise, Bentover Dumbbell, Lateral Raise, Front Plate Raise, Smith Machine Shoulder Press, Dumbbell Shoulder Press	2 x 32
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- The **high volume for legs and triceps** (8x8) suggests a hypertrophy-focused session, emphasizing muscular endurance and size.
- The **shoulder exercises** at 2x32 reps indicate a focus on muscular endurance or pre-fatigue, critical for performance and injury resistance.
- Use progressive overload carefully, ensuring good form and proper control on all machine and free weight exercises.

Integration of Jiu-Jitsu and Conditioning

- Your inclusion of **Gracie JiuJitsu pink belt skills**, farmgirl carry takedown drills, Tai Chi and specific kata work (Ju Fu No Kata) supports functional strength, balance, coordination, and mental focus.
- Conditioning with **rowing machine supersetted with stationary running** and timed high-rep circuits (e.g., 21-15-9 reps for single-arm dumbbell shoulder-to-overheads, toes-to-bars, kipping pull-ups) can boost cardiovascular fitness and muscular stamina.
- Given some workouts have specific repetition counts and weights (e.g., 35 lb females/50 lb males), adjust loads to maintain form and complete all reps safely without failure^{[1][9]}.

Additional Tips for This Complex Program

- Start every session with your 45-minute warm-up machine work combined with dynamic stretching to ensure muscles are fully prepared.
- Incorporate **mobility drills**, especially for ankles, hips, and shoulders, crucial for squats, lunges, throwing techniques, and overhead presses^{[10][6]}.
- Use **jump marching or light cardio** to maintain elevated heart rate and reduce downtime during rest periods.

- After strength training and skill work, conclude with **static stretching**, holding major muscle groups for 20-40 seconds to aid recovery and flexibility.
- Listen to your body and allow adequate recovery between intense sets or complex moves like the farmgirl carry or Jiu-Jitsu takedowns.

Summary

Your program is well-rounded with strength, mobility, endurance, and martial arts components. To optimize:

- Warm-up dynamically with movements targeting legs, hips, shoulders, and core.
- Maintain jump marching or similar active recovery between sets.
- Follow machine and free weight strength sets with excellent technique and progressive overload.
- Combine Jiu-Jitsu drills and conditioning to improve functional capacity.
- End with static stretches for recovery and injury prevention.

This approach aligns with expert recommendations for injury prevention, performance, and effective strength training^{[1][2][5][10]}.



Is this more Bodybuilding or Strengthtraining

The workout plan you shared is **more aligned with bodybuilding** rather than pure strength training based on several key factors:

Aspect	Your Program	Bodybuilding Traits	Strength Training Traits
Reps & Sets	Mostly 8 x 8 for legs/triceps; 2 x 32 for shoulders	High volume reps (8-12 or more), multiple sets for hypertrophy	Lower reps (1-6) with heavier load for max strength

Exercise Selection	Machines (Sustained Strength Machine, Hack Squat, Seated/Lying Hamstring Curl, Cable Pressdown, Legpress, Machine Lateral Raise) plus some free weights	Heavy use of machines and isolation exercises targeting specific muscles	Emphasis on compound free weights (squat, deadlift, bench)
Training Focus	High repetition, high volume, isolation	Muscle size and muscular endurance	Maximal force production and functional strength
Rest & Intensity	Volume-intensive with moderate load and interspersed light cardio (jump marching)	Moderate to lighter weights for hypertrophy with shorter rest between high-rep sets	Heavy weights, longer rest, lower volume
Additional Conditioning	Rowing machine supersets, Jiu-Jitsu, high reps gymnastics movements	Complementary cardio and metabolic conditioning to support physique goals	Conditioning secondary to strength gains
Overall Goals	Muscle hypertrophy, endurance, aesthetic development, functional martial arts skill	Building muscle size, symmetry, definition	Improving maximal strength and performance

Your focus on **8x8 sets for leg/hams and triceps, 2x32 reps for shoulders, and use of machines like Hack Squat, Legpress, and Cable Pressdowns** closely resembles bodybuilding-style training, which prioritizes **muscle hypertrophy through volume and full-range-of-motion isolation movements**^{[11][12][13][14]}.

The inclusion of jump marching between sets, high repetitions, and machine use also aligns with bodybuilding programming aimed at muscle pumping and endurance rather than maximal strength.

Conversely, strength training usually involves **lower reps with heavier weights** focusing on compound lifts like squats and deadlifts with free weights, and more emphasis on performance over aesthetics. While your program includes strength elements (such as the Smith machine presses and Jiu-Jitsu skills), the **dominant theme is muscle mass and endurance, typical of bodybuilding**^{[11][12][15]}.

In summary: Your plan is predominantly a **bodybuilding-style training program with high volume, machine emphasis, and hypertrophy goals**, supplemented by some strength and functional conditioning elements. It is designed more for muscle size, endurance, and aesthetic development than maximal strength performance^{[11][12][13][15][14]}.

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1. <https://ironbullstrength.com/blogs/training/how-to-warm-up-before-lifting>
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